

Amendments to the Claims:

The listing of claims shall replace all prior versions and listings of the claims in the subject application.

Listing of the Claims:

1. (Once Amended) A pillow comprising:
a generally rectangular pad having (1) a substantially planer top surface, (2) a substantially planer bottom surface generally parallel to and spaced from the top surface by a pad thickness, (3) a pad length, (4) a pad width, the pad length being at least seventy five percent longer than the pad width, (5) first and second side surfaces extending between respective lengthwise edges of the top and bottom surfaces, and (6) third and fourth side surfaces extending between extending between respective widthwise edges of the top and bottom surfaces; and
a textile pillow covering substantially encapsulating the pad, the pillow covering having a pillow covering length, the pillow covering length being [substantially] at least 20% longer than the pad length.
2. (Unchanged) The pillow of claim 1, wherein the flat pad comprises a foam material.
3. (Unchanged) The pillow of claim 2, wherein the foam material comprises a viscoelastic foam.
4. (Unchanged) The pillow of claim 3, wherein the viscoelastic foam has a density of between about 2.5 and 4.5 pounds.
5. (Unchanged) The pillow of claim 1, wherein the pad thickness is between about 0.75" and 1.5".

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6. (Unchanged) The pillow of claim 1, wherein the pad length is between 44" and 52", and the pad width is between 18" and 25".
7. (Unchanged) The pillow of claim 1 wherein the pad further includes a first cutaway section, the cutaway section extending inwardly from the third side surface, the first cutaway section having (i) a cutaway length generally corresponding to the length of a human head, and (ii) a cutaway width generally corresponding to the width of a human head, the cut defining a first portion of the pad between the cutaway and the first side surface and a second portion of the pad between the first cutaway section and the second side surface.
8. (Unchanged) The pillow of claim 7, wherein the pad further comprises corresponding second and third cutaway sections, the second section being located in the first portion and the third cutaway section being located in the third portion, the second and third cutaway sections having a size generally corresponding to the size of a human ear.
9. (Unchanged) The pillow of claim 2, wherein the top surface is substantially smooth, and the bottom surface is textured.
10. (Unchanged) The pillow of claim 9, wherein the texture of the bottom surface is an eggcrate texture.
11. (Unchanged) The pillow of claim 1, wherein one or more of the plurality of side surfaces are generally perpendicular to the top surface.
12. (Unchanged) A combination comprising the pillow of claim 1 and instructions, the instructions directing how to fold or roll the pillow into three or more configurations.

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13. (Unchanged) The pillow of claim 1, wherein the pillow covering is comprised of a woven or non-woven fabric material.

14. (Amended) A method of using a flat pillow wherein the flat pillow comprises a rectangular pad having generally planer top and bottom generally parallel surfaces separated by a thickness not exceeding two inches and a pillow length at least seventy five percent longer than a pillow width, the method comprising:

forming the pillow by [performing one of the following list,

- a. generally evenly folding the pillow widthwise over on to itself at two locations tripling a height of the pillow,
- b. generally evenly folding the pillow widthwise over on to itself at three locations quadrupling the height of the pillow,
- c.]first folding the pillow widthwise at one or [two]more locations, the one or [two]more locations being a relatively short distance from [on]a first widthwise edge of the pillow to form a first folded portion, next generally evenly folding a remaining length of the pillow over the first folded portion and on to itself at two or more locations thereby covering the first folded portion and forming a second folded portion, whereby the formed pillow includes a thicker section and a thinner section, the thicker section comprising both the first and second folded portions and the thinner section comprising only the second folded portion [tripled in height over one portion and is either quadrupled or quintupled in height over another portion];
positioning the pillow on a sleeping surface; and
laying down on the sleeping surface and placing a head on the formed pillow.

15. (Cancel)

16. (Cancel)

17. (Once Amended) The method of claim [13]14, wherein the pillow further includes a pillow covering substantially encapsulating the pillow, the pillow covering having a

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length that is at least about twenty five percent longer than the pad, and the method further comprises wrapping a portion of the pillow covering comprising an additional length in excess of the length of the pad between a bottom surface of the formed pillow and the sleeping surface.

18. (Once Amended) A combination comprising:

A pillow including a generally rectangular viscoelastic foam pad, the pad having (1) a substantially planer top surface, (2) a substantially planer bottom surface generally parallel to and spaced from the top surface by a pad thickness of about 0.75" to 1.75", (3) a pad length of about 44" to 52", (4) a pad width, the pad length being at least seventy five percent longer than the pad width; and

instructions directing how to fold or roll the pillow into three or more configurations including a first configuration wherein the pillow formed into the first configuration includes a first folded portion and a second folded portion, the first folded portion comprising a section of the pillow folded at one or more locations proximate a widthwise end of the pillow, the second folded portion comprising a remaining section of the pillow folded approximately evenly over on to itself at two or more widthwise locations wherein the second folded portion substantially encapsulates the first folded portion.

19. (Unchanged) The combination of claim 18, wherein the pillow further includes a pillow covering.

20. (Cancel)

21. (New) The method of claim 14, said placing a head in the pillow further comprises placing a neck over a thicker section of the formed pillow and placing the head on a thinner section of the formed pillow, the thicker section including both the first and second folded portions and the thinner section including only the second folded portion.

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22. (New) The method of claim 14 further comprising securing the formed pillow using several patches of hook and loop material located proximate lengthwise edges of the pillow.
23. (New) The pillow of claim 18, further comprising several patches of hook and loop material located proximate lengthwise edges of the pillow.